

## Testimonials

"This is a wonderful program about dealing with violence. It helps you to recognize anger patterns and teaches you to think before acting. It also helps you to get to know others who are dealing with the same anger and violence. Some people know violence as a way of life, but AVP teaches you that there are alternatives."  
-Ester, Community participant

"If there is such a thing as a miraculous change in an individual, I can truthfully say that it was during my involvement with AVP that I began to grow from a person filled with hate, anger, and despair, into a person who believes he too is responsible for the protection, preservation and enrichment of humanity."  
-Robert Martin, New York

"AVP saved my life, it gave me another option. The violence in my life got worse and worse. I spent most of my 11 years in prison in the hole. I am not a sensitive, caring, understanding individual, but this program has really had an impact on me. ... It was odd to apologize to someone I had defeated and who had pleaded for his life to me. Some friends got out of maximum for having beat up some correctional officers and came to me anxious to get some action. I explained to them that that type of activity was not me anymore.... When I was a warrior, I fought with all the tools I could fight with. I learned to be the best that I could be. Now

to be a warrior for nonviolence, I had to learn the tools of AVP."  
-Delaware Correctional Facility-Smyrna, DE

"I started AVP for a certificate but after finishing the first workshop I realized the information I was given was so valuable and applicable to everyday life. I had to return to find out more. Now that I have finished 3 workshops I have a desire to share this with others in hope of helping them realize there is a better solution than violence."  
-Tim, Re-Entry Educational Facility, Participant

"AVP means that I no longer have to resort to violence to settle my conflicts. It also means that I have arrived into civility!"  
-Indianapolis Re-Entry Educational Facility, IN

### An AVP workshop can help you to:

- manage strong feelings such as anger and fear
- deal more effectively with risk and danger
- build good relationships with other people
- communicate well in difficult situations
- recognize the skills you already have and learn new ones
- be true to yourself while respecting other people
- understand why conflict happens



## Alternatives to Violence Project

### Making friends with conflict

Conflict is part of daily life...  
...but violence doesn't have to be.

Our goal is to build a world in which there is no occasion for *violence*, not a world in which there is no occasion for *conflict*. Conflict is an essential part of daily life and the spice that makes it worth living. The goal is not to avoid conflict, but to learn to deal with it in creative, constructive, and life-giving ways that honor the inherent value of each person and of ourselves.

Our workshops use the shared experience of participants, interactive exercises, games, and role-plays to examine the ways in which we respond to situations where injustice, prejudice, frustration and anger can lead to aggressive behavior and violence.

## The AVP Vision

Today, we live in a violent society. The homicide rate in the United States is twice that of many developed countries.

Physical and mental violence in the home, directed against both spouse and child, is rampant. Violence knows no geographic, class, racial, or economic



boundaries; it exists everywhere. Americans cannot take comfort in the fact that this land now leads the world in prison population per capita. Prisons, viewed

as a way to protect society from violence, spawn violence of their own.

AVP is working toward the creation of a nonviolent society. Our goal is to reduce the level of violence by introducing people to ways of resolving conflict that reduce their need to resort to violence as the solution. Our process uses the life experience of participants as a learning resource, drawing on that experience to help them deal constructively with the violence in themselves and in their lives.

We do our training where violence is found - in our prisons, in our schools and in our communities.

## The AVP Mission

The mission of the Alternatives to Violence Project is to empower people to lead nonviolent lives through affirmation, respect for all, community building, cooperation, and trust.

AVP encourages every person's innate power to positively transform themselves and the world.



## History

AVP began in 1975 when an inmate group in Green Haven Prison in New York State, initiated a program to work with youth gangs and teenagers at risk. They had difficulty communicating a message about the consequences of violence and they requested help from the Quaker Project on Community Conflict. These two diverse groups worked together and created such a successful learning experience that requests were soon received for more. Currently, hundreds of workshops are conducted annually around the country and around the world in at least 50 countries, including New Zealand, Costa Rica, Israel, Russia and South Africa.



### AVP/USA Regional Groups

New England Region: CT, MA, ME, NH, RI, VT

New York Region: NY

Pennsylvania and New Jersey Region: NJ, PA

Mid-Atlantic Region: DC, DE, MD, VA, WV

Southeast Region: AL, FL, GA, NC, SC, TN

Midwest Region: IL, IN, KY, MI, OH

Northern Midwest Region: MN, ND, SD, WI

Central Midwest Region: IA, KS, MO, NE

South Central Region: AR, LA, MS, OK, TX

Rocky Mountain Region: CO, ID, MT, NM, UT, WY

Northwest Region: AK, OR, NV, WA

Southwest Region: AZ, CA, HI

**To contribute, find out more information or to become a volunteer in your area please contact The Alternatives to Violence Project at: <http://www.avpusa.org/>**

### AVP/USA

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**Or contact your local AVP group at:**

### AVP Indiana, Inc./AVP Midwest

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